

Possibility of Regression (AK 91-USDA 501)

Explain to Participant	You're enrolled in the WIC program today because your nutritional status may regress in the next certification period without the benefits that the WIC Program provides. WIC lets us certify you again to make sure that your previous efforts to improve your nutritional status, as well as to provide referrals to other health care, social service, and/or public assistance programs are not wasted.	
Goal	The goal is to try to ensure that your previous efforts to improve your nutritional status are not wasted.	
Suggestions for Reducing Risk	<p>Follow the recommendations of your health care provider.</p> <p>Explain the appropriate nutrition education material suggested.</p> <p>Eat a variety of foods from all the food groups every day.</p> <p>Ask your health care provider about exercise.</p> <p>Drink 8 glasses of water every day.</p>	
Nutrition Education Material Suggested	<p>Foundation for Fitness...for Your Special Delivery</p> <p>After You Deliver Health Tips for Moms</p> <p>Hot Food Facts For Cool Kids</p> <p>A guide to Feeding Your Baby The First Year</p>	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	Bright Futures for Infants and Bright Futures in Practice-Nutrition	